



Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends combined diet and physical activity promotion programs for people at increased risk of type 2 diabetes based on strong evidence of effectiveness in reducing new-onset diabetes.

Facts about Diabetes

People with diabetes may develop serious complications such as heart disease, stroke, kidney failure, blindness, leg amputations, and premature death.¹

Individuals who are considered prediabetic have blood glucose levels that are higher than normal, but not high enough to be classified as type 2 diabetes.¹

What are Combined Diet and Physical Activity Programs?

Combined diet and physical activity promotion programs aim to prevent type 2 diabetes among people who are at increased risk of the disease.

These programs actively encourage people to improve their diet and increase their physical activity using the following: trained providers who work directly with program participants for at least three months; some combination of counseling, coaching, and extended support; and multiple sessions related to diet and physical activity.

Major Findings

When targeted for populations at increased risk of type 2 diabetes, these programs can achieve the following:

- Improved health outcomes
- Increased likelihood of achieving normal blood sugar
- Improved diabetes and cardiovascular disease risk factors, including overweight, high blood glucose, high blood pressure, and abnormal lipid profile

Higher intensity programs led to greater weight loss and reduction in new-onset diabetes.

Learn More

Summary of Evidence and Task Force Finding

www.thecommunityguide.org/diabetes/combineddietandpa.html

National Diabetes Prevention Program: Prediabetes. Am I at risk?

www.cdc.gov/diabetes/prevention/prediabetes.htm

CDC, Diabetes

www.cdc.gov/diabetes/home/index.html

The Community Preventive Service Task Force (Task Force) is an independent, nonfederal, unpaid body of public health and prevention experts. It is congressionally mandated to identify community preventive programs, services, and policies that save American lives and dollars, increase longevity, and improve quality of life. The Community Guide is a collection of all the evidence-based findings and recommendations of this Task Force. Find more information at www.thecommunityguide.org.

The Centers for Disease Control and Prevention provides administrative, research, and technical support for the Community Preventive Services Task Force.

¹American Diabetes Association. Diagnosis and classification of diabetes mellitus. Diabetes Care 2010;33 (Suppl 1):S62-9.